

OUTSIDE SAFETY



- Always be alert to your surroundings and the people around you. Do not be distracted by electronic devices.
- Walk confidently and at a steady pace and make eye contact with those you pass by. Avoid using outside ATM's, especially at night.
- Stay in well-lit areas as much as possible.
- Avoid doorways, bushes and alleys where someone could hide.
- It never hurts to let someone know where you are going and when you plan to return.
- If you carry a purse, do not walk away from your purse in public, even if for a moment. Do not leave your purse in items like strollers or the tops of shopping carts. If someone is trying to take your purse from you, your personal safety is not worth the contents of the purse. Holding on to your purse too tightly could result in serious injury.
- Don't respond to conversation from strangers on the street; keep walking.

CONTACTS

If you would like more information about personal safety, please contact your local Crime Prevention Specialist at any of the following locations:

4S RANCH SUBSTATION	(858) 521-5216
ALPINE STATION	(619) 659-2608
FALLBROOK SUBSTATION	(760) 451-3124
FINANCIAL CRIMES	(858) 285-6226
IMPERIAL BEACH SUBSTATION	(619) 498-2435
LAKESIDE SUBSTATION	(619) 938-1364
LEMON GROVE STATION	(619) 337-2162
NORTH COASTAL STATION	(760) 966-3500
POWAY STATION	(858) 513-2810
RAMONA SUBSTATION	(760) 738-2425
RANCHO SAN DIEGO STATION	(619) 660-7090
SAN MARCOS STATION	(760) 510-5200
SANTEE STATION	(619) 956-4000
VALLEY CENTER SUBSTATION	(760) 751-4408
VISTA STATION	(760) 940-4551

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SAN DIEGO COUNTY SHERIFF'S DEPARTMENT



PERSONAL SAFETY

CRIME PREVENTION RESOURCES

PERSONAL SAFETY

- 1 Be sure to always have your doors locked throughout the day, even if you are at home, or stepping away for a few minutes.
- 2 Never open the door automatically after someone knocks on your door or rings your doorbell. If you have one, use a 180-degree peephole or security screen. Always ask for personal identification, including service or repair people needing to come in the home, as well as law enforcement/emergency personnel.
- 3 If a stranger asks to use your phone, NEVER permit them to enter. Offer to summon emergency assistance or make the call yourself.
- 4 If a window or door has been forced open or broken while you were gone, DO NOT ENTER or CALL OUT. Exit the home, call 911 immediately from a safe location, and wait outside until a deputy arrives.
- 5 If you receive obscene or threatening phone calls or text messages, tell the caller to stop contacting you and immediately block the number. If the problem continues, hang up and call the Sheriff's Department non-emergency line: (858) 565-5200.
- 6 Always close and lock garage doors before you leave. Do not leave garage door openers in your vehicle.
- 7 When you return home, remove your keys from the door lock immediately.
- 8 If someone is prowling outside your home or a neighbor's home CALL 911.

IN AND AROUND PUBLIC TRANSPORTATION

AS WELL AS RIDESHARE/UBER/LYFT

- ✔ Try to avoid isolated public transit spaces.
- ✔ Stand away from the curb until the bus, trolley, train or other public transportation arrives.
- ✔ Have your transit pass or money easily accessible. Do not open your purse or wallet while boarding public transit.
- ✔ When possible, sit near an exit.
- ✔ Stay alert and be aware of people around you. Do not fall asleep.
- ✔ If you are being harassed, change seats and/or tell the driver.
- ✔ Carry your wallet inside your coat in a front pocket.
- ✔ Keep your purse in front of you while sitting and hold it close to your body.
- ✔ Check your purse or wallet whenever someone is jostling, crowding, or pushing you.

NEVER RISK YOUR OWN SAFETY



VEHICLE SAFETY



- ✔ Always lock your doors after entering or leaving your vehicle.
- ✔ Park in well-lit areas.
- ✔ Have your keys in hand so you don't have to search for them to unlock your door.
- ✔ Check the backseat before entering.
- ✔ If you think you are being followed, drive to a well-lit, public place while calling 911.
- ✔ If your car breaks down in a public place, get to a safe location, and put your hazards on. Determine the safest location for you to wait until a tow company or law enforcement arrives.
- ✔ Don't stop to aid disabled motorists. Use your cell phone to get assistance for them.
- ✔ When being driven home by friends, request they wait until you are safely inside before they leave.